## I claim:

1. A storage container for receiving and storing a contact lens comprising:

an upper chamber for containing liquid having an opening through which the contact lens can be placed into the chamber, said upper chamber having a bottom portion having at least one passageway, said at least one passageway permitting liquid to flow out of the upper chamber,

a contact lens supporting device on said bottom portion of said upper chamber, said contact lens supporting device providing for maintaining the position of the contact lens on the contact lens supporting device while the contact lens is stored in the container; and

a lower chamber for containing liquid, said lower chamber having a deformable portion which allows a user to permit liquid in said upper chamber to flow through said passageways in said bottom portion of said upper chamber to said lower chamber when a user deforms said deformable portion of said lower chamber such that said contact lens supporting device is free of liquid.

- 2. The storage container of claim 1 wherein the contact lens supporting device is a dome-shaped structure.
- 3. The storage container according to claim 1 wherein the deformable portion is in the form of bellows.
- 4. The storage container according to claim 1 wherein the deformable portion is in the form of pleats.
- 5. The storage container according to claim 1 wherein the deformable portion is in the form of an accordion shaped structure.
- 6. The storage container according to claim 2 wherein the dome-shaped structure is a continuous surface and has ribs which extend from the bottom portion of the upper chamber to an apex of the dome-shaped structure.
  - 7. An inserting and handling device comprising:

a hollow body having a hollow body opening and a hollow portion extending to a first end of the hollow body, and a deformable portion which upon being deformed by a user discharges air from said hollow body opening and upon the application of a lesser force permits a vacuum to be formed in said hollow portion;

a suction cup located at the first end of the hollow body having a suction cup opening which leads to and communicates with the hollow body opening and the hollow portion of the hollow body; and

a vacuum bleed hole on the hollow body which leads to and is in communication with said hollow portion, said vacuum bleed hole being located at a position on said hollow body such that a user holding the inserting and handling device can seal the vacuum bleed hole on the hollow body when the deformable portion of the hollow body is being deformed and a vacuum is present in the deformable portion of the hollow body thus permitting the suction cup to grasp an object, and release the object when the user unseals the vacuum bleed hole.

- 8. The inserting and handling device according to claim 7 wherein the inserting and handling device is a contact lens inserting and handling device and the suction cup is capable of receiving a contact lens.
- 9. The inserting and handling device according to claim 8 wherein the hollow body has a grip portion on the exterior of the hollow body, said grip portion having a texture which facilitates grasping of the inserting and handling device by a user.
- 10. The inserting and handling device according to claim 9 wherein the grip portion is a set of channels.
  - 11. An inserting and handling device comprising:

a main body having:

a first end having a first opening; a second end having a second opening; and an axial channel extending from the first opening to the second opening; and

a bulb over the second opening on the second end of the main body which upon being deformed by a user discharges air from the main body out of the axial channel and upon the application of a lesser force permits a vacuum to be formed in the axial channel and in the bulb;

a suction cup located at the first end of the main body having a suction cup opening which leads to and communicates with the axial channel; and

a vacuum bleed hole on the main body which leads to and is in communication with the axial channel, said vacuum bleed hole being located at a position on said main body such that a user holding the inserting and handling device can seal the vacuum bleed hole on the main body when the bulb is being deformed and a vacuum is present in the axial channel thus permitting the suction cup to grasp an object, and release the object when the user unseals the vacuum bleed hole.

- 12. The inserting and handling device according to claim 11 wherein the inserting and handling device is a contact lens inserting and handling device and the suction cup is capable of receiving a contact lens.
- 13. The inserting and handling device according to claim 12 wherein the main body is generally cylindrical.
- 14. The inserting and handling device according to claim 13 further comprising a removable cover for covering the suction cup and the main body.